

1200-1400 Calorie Menu Plan

Diet Type: General Health & Fat Loss

3 MEALS, 2 SNACKS

300 Calorie breakfast
300 Calorie lunch
300 Calorie dinner
100 Calorie mid-day snack
100 Calorie evening snack
= 1100 Calories Per Day

3 MEALS, 2 SNACKS

300 Calorie breakfast
300 Calorie lunch
300 Calorie dinner
200 Calorie mid-day snack
100 Calorie evening snack
= 1200 Calories Per Day

3 MEALS, 3 SNACKS

300 Calorie breakfast
300 Calorie lunch
300 Calorie dinner
100 Calorie morning snack
200 Calorie mid-day snack
100 Calorie evening snack
= 1300 Calories Per Day

3 MEALS, 3 SNACKS

300 Calorie breakfast
300 Calorie lunch
300 Calorie dinner
200 Calorie morning snack
200 Calorie mid-day snack
100 Calorie evening snack
= 1400 Calories Per Day

**USA DIET PLANS® MEAL
TIMING STRATEGIES**

1. Eat within an hour of waking up. If you work out in the morning, have a before bed snack before you go (100 calories) and eat your full breakfast afterwards.

2. Do not go more than 5 hours without eating. Eat your mid-day snack between breakfast or lunch or between lunch and dinner.

3. Eat a 100 calorie snack a half an hour before bed.

- You do not have to be that strict to get results. Use the food portions as a reference only!
- In order of importance, make sure you regulate your carbohydrate intake at each meal. Your protein and fat food sources can vary to a greater degree without impacting the fat-loss benefits of this food plan.
- You can always go higher on the level of fat if you would like. Despite traditional belief, fat is the least offensive (fattening) nutrient.



300 Calorie Breakfasts

Greek Yogurt & Blueberries

¾ cup 0% Greek Yogurt (or 1% cottage cheese or lite ricotta)
1½ cup blueberries (1 cup mixed berries or 2 cups strawberries)
1 Tbsp slivered almonds

Turkey Omelet with Cereal

1 whole egg, 1 egg white, 1 slice deli turkey (use nonstick spray)
1 cup natural cereal (see below)
+ ¾ cup 1% or soy milk
6 almonds or cashews on the side

Berry Banana Shake

1 scoop (¼ cup) protein powder
½ medium green-tipped banana
½ cup blueberries or 1 cup raspberries or strawberries)
½ cup 1% skim or soy milk
1½ tsp natural peanut butter on the side

Oatmeal with protein powder

1 scoop (¼ cup) protein powder
½ cup dry oatmeal (1 cup cooked) with 2 Tbsp 1% skim or soy milk
Use cinnamon (any amount) with 2 Tbsp natural applesauce or sprinkle with a few blueberries, raspberries or strawberries.
1 tsp natural peanut butter

Cheese Omelette with Toast

1 whole egg & 1 egg white
1 slice low fat cheese
2 slices high fiber toast
1 apple or orange
1 Tbsp light buttery spread

Blueberry Yogurt

2 Tbsp vanilla protein powder mixed in 1 cup low fat plain yogurt
½ cup blueberries (or 1 cup strawberries)
1 Tbsp slivered almonds

Cheese Omelet with Oatmeal

1 whole egg, 1 egg white and 1 slice low fat cheese
½ cup dry oatmeal (1 cup cooked)
2 Tbsp 1% skim or soy milk
cinnamon (any amount)
Pan fry eggs in olive oil

Turkey Bacon with Bagel

3 slices turkey bacon (lean)
½ pumpernickel bagel (or 1 whole bagel hollowed out)
Lightly spread with 1½ Tbsp light cream cheese, 2 tsp butter or 1 Tbsp light buttery spread

Fat substitutions: 1½ Tbsp shredded coconut (unsweetened), 6 whole cashews or almonds, 15 pistachios, or 1 Tbsp sunflower seeds.

Cereal substitutions: Choose a natural breakfast cereal that has approximately 20 grams of available carbohydrates (total carbohydrates minus dietary fiber) per cup. For example, Wheaties®, Cheerios®, Special K®

300 Calorie Lunches

Grilled Chicken Over Salad

3 oz cooked grilled chicken
1 large bed of lettuce
1½ Tbsp light Italian dressing
1 side fruit (apple, orange, peach, plum or 1 cup blueberries)

Classic Cheeseburger

1 patty (3 oz cooked) lean hamburger or turkey burger
1 slice low fat cheese
1 English muffin, split in half
lettuce leaf, tomato, etc.
3 Tbsp ketchup or side fruit
6 cashews or almonds on the side

Turkey Wrap

4 slices (4 oz) deli turkey or ham
1 whole wheat wrap (9-inch)
lettuce leaf, tomato, etc.
1 Tbsp olive oil mayonnaise
1 apple or orange

Two Hot Dogs

2 Hebrew National® 97% fat-free hot dogs (or 2 chicken dogs)
2 slices wheat or sourdough bread
mustard (any amount)
1 side fruit (apple or orange)
6 cashews or almonds on the side

Tuna Salad with Baby Carrots

½ can tuna fish (3 oz)
(or 3 oz chicken or turkey)
Diced onion & celery (optional)
1 Tbsp olive oil mayonnaise
1 tossed salad (see below)
1 cup baby carrots

Deli Sandwich

2-3 slices (4 oz) deli meat (ham, turkey or roast beef)
1 slice low fat cheese
2 slices high fiber bread
lettuce leaf, tomato, etc.
1 Tbsp olive oil mayonnaise
1 apple or orange

Egg Salad Sandwich

2 whole eggs & 1 egg white
Salt & pepper
1 Tbsp olive oil mayonnaise
2 slices high fiber bread
½ cup baby carrots

Tuna or Chicken Salad Sandwich

½ can tuna fish
(or 3 oz chicken cooked & diced)
Diced onion & celery (optional)
2 slices high fiber bread
1 Tbsp olive oil mayonnaise
1 side fruit (apple or orange)

300 Calorie Dinners

Fish with Barley

3-4 oz cooked fish, any kind
¾ cup barley, cooked
1-2 cups cooked free vegetable
1 Tbsp light buttery spread

Cheeseburger with Sweet Potato

3 ounces cooked turkey burger
1 slice low fat cheese
1 medium sweet potato (2"x5")
1-2 cups cooked free vegetable
(see examples below)
1 Tbsp light buttery spread

Fish with Pasta & a Side Salad

3-4 oz cooked fish, any kind
¾ cup cooked pasta
½ cup tomato sauce
1 large bed of lettuce
1½ Tbsp or more light Italian dressing

Turkey Sausage & Fries

3-4 oz cooked chicken or turkey sausage
1 medium sweet potato (2"x5")
or 1 red potato (3-inch dia)
cut into fries or chips (add salt)
Brush on olive oil, bake on a sheet pan and add salt

English Muffin Pizza

½ cup part-skim mozzarella
1 whole English muffin, split in half
½ cup tomato sauce
1 Tbsp parmesan cheese

Meat Sauce over Pasta

2 oz cooked chicken breast
(or lean ground meat)
¼ cup shredded mozzarella
¾ cup cooked whole wheat pasta
½ cup tomato sauce
1 Tbsp parmesan cheese

Taco Salad

3 oz ground lean meat cooked
1 large tossed salad
4 whole baked tortilla chips
¾ cup chunky salsa
1½ Tbsp light sour cream
and 1½ Tbsp guacamole

Chicken with Rice Stir Fry

3 oz chicken, cooked
¾ cup brown rice, cooked
1-2 cups sliced free vegetable
(your choice of peppers, onions, broccoli, asparagus, etc.)
Splash of soy & terriaki sauce
1 tsp or more olive oil

Bread substitution: Choose whole wheat, high fiber, rye, pumpernickel or sourdough bread. 2 slices of bread can be substituted with 1 whole wheat pita bread.

Tossed salad: A tossed salad can include any of the free vegetables: tomato wedges, cucumber slices, red onions, scallions, etc.

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Grain substitutions: Barley, corn, couscous, pasta, quinoa, or brown rice.
Vegetable examples: Asparagua, Broccoli, brussels sprouts, 1 cup baby carrots, green beans, spinach, summer squash, zucchini or 1 cup vegetable juice. **Seasonings:** You may use salt, pepper and other spices.
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200 Calorie Mid-Day Snacks

Eat between breakfast or lunch or between lunch and dinner.

Mini Taco Salad

2 oz diced chicken, cooked
1 bed of lettuce
4 whole baked tortilla chips
½ cup chunky salsa
1 Tbsp light sour cream

Hot Dog

1½ link Hebrew National®
97% fat-free hot dog
1 slice high fiber bread
mustard (any amount)
½ cup baby carrots
4 almonds or cashews

String Cheese & Fruit

1 part-skim string cheese
1 apple or orange
There's enough fat in the cheese

Chef Salad

1 slice deli turkey or ham, diced
1 slice low fat swiss cheese
1 large bed of lettuce
1 Tbsp light Italian dressing
½ cup baby carrots

Tuna Salad over lettuce

1/3 can tuna fish (or 2 oz
chicken or turkey, diced)
1 Tbsp light mayonnaise
1 tossed salad
1 apple or orange

Tri-O-Plex® Cookie

1½ Tri-O-Plex®
chocolate chip cookie

Cottage Cheese & Blueberries

½ cup 1% cottage cheese,
0% Greek yogurt or lite ricotta
1 cup blueberries (or 1½ cup
raspberries or strawberries)
2 tsp slivered almonds

Half Tuna Sandwich

1/3 can tuna fish (or 1 slice low
fat cheese & 1 slice deli meat)
Diced onion & celery (optional)
2 tsp light mayonnaise
1 slice high fiber bread
½ cup baby carrots

Hard Boiled Egg & Chick Pea Salad

2 hard boiled eggs
½ cup chick peas
Diced onion & peppers (optional)
1 Tbsp light Italian dressing

Blueberry Yogurt

1 Tbsp vanilla protein powder
mixed in 2/3 cup low fat plain yogurt
½ cup blueberries
(or 1 cup strawberries)
2 tsp slivered almonds

Grilled Ham & Cheese

1 slice low fat cheese
1 slice deli ham
1 slice high fiber toast
1 Tbsp light Italian dressing

Nutrition Bar

1 Balance Bar® or
1 Zone Perfect® Bar or

100 Calorie Before Bed Snacks

Eat a 100 calorie snack a half an hour before bed.

Chips & Cheese

1 slice low fat cheese
4 baked tortilla chips
Diced scallions (any amount)
There's enough fat in the cheese

Tuna Fish Salad with Fruit

¼ can tuna fish
1 apple or orange
1 tsp light mayonnaise

Mini Turkey Salad

1 slice deli turkey, diced
1 large bed of lettuce
½ cup baby carrots
1 Tbsp light Italian dressing

English Muffin Pizza

¼ cup shredded mozzarella
2 Tbsp tomato sauce
½ English Muffin
There's enough fat in the cheese

Protein powder in Applesauce

2 Tbsp vanilla protein powder
½ cup natural applesauce
Cinnamon, any amount
2 cashews or almonds

String Cheese & Fruit

1 string cheese
1 apple or orange
There's enough fat in the cheese

Grilled Cheese

1 slice low fat shredded
cheddar (or 2% American)
1 slice high fiber toast
There's enough fat in the cheese

Cottage Cheese & Blueberries

¼ cup 1% cottage cheese
½ cup blueberries
1 tsp slivered almonds

Nutrition Bar or Cookie

½ Balance Bar®, Zone Perfect®
Bar or 1 Tri-O-Plex®
Chocolate Chip Cookie

Blueberry Yogurt

½ Tbsp vanilla protein powder
1/3 low fat plain yogurt
½ cup blueberries
1 tsp slivered almonds

Wasa® Cracker Sandwich

½ slice deli turkey, diced
½ slice low fat cheese
1 Wasa® cracker
1 tsp light mayonnaise

Hard Boiled Egg with Fruit

1 hard boiled egg
1 apple or orange
There's enough fat in the cheese